

FRIDAY NIGHT FACTS

OFFICE OF FAITH-BASED AND COMMUNITY INITIATIVES



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National Day of Prayer, 2007

A Proclamation by the President of the United States of America

A prayerful spirit has always been an important part of our national character, and it is a force that has guided the American people, given us strength, and sustained us in moments of joy and in times of challenge. On this National Day of Prayer, we acknowledge God's grace and ask for His continued guidance in the life of our Nation.

Americans of many faiths and traditions share a common belief that God hears the prayers of His children and shows grace to those who seek Him. Following the tragedy at Virginia Tech, in towns all across America, in houses of worship from every faith, Americans have joined together to pray for the lives that were lost and for their families, friends, and loved ones. We hold the victims in our hearts and pray for those who suffer and grieve. There is a power in these prayers, and we can find comfort in the grace and guidance of a loving God.

At this important time in our history, we also pray for the brave members of our Armed Forces and their families. We pray for their safety, for the recovery of the wounded, and for the peace we all seek.

The Congress, by Public Law 100-307, as amended, has called on our Nation to reaffirm the role of prayer in our society and to respect the freedom of religion by recognizing each year a "National Day of Prayer."

*NOW, THEREFORE, I, GEORGE W. BUSH, President of the United States of America, do hereby proclaim **May 3, 2007**, as a National Day of Prayer. I ask the citizens of our Nation to give thanks, each according to his or her own faith, for the freedoms and blessings we have received and for God's continued guidance, comfort, and protection. I invite all Americans to join in observing this day with appropriate programs, ceremonies, and activities.*

IN WITNESS WHEREOF, I have hereunto set my hand this twentieth day of April, in the year of our Lord two thousand seven, and of the Independence of the United States of America the two hundred and thirty-first.

May is also...



National Youth
Traffic Safety Month
<http://www.noys.org>



Take 25 Campaign
<http://www.take25.org>



National Foster Care
Month
<http://www.fostercaremonth.org>



National Family Month
<http://www.familymonth.net>

...it is time to make a difference!



The Brower Youth Awards honor six young people for their outstanding activism and achievements in the fields of environmental and social justice advocacy. Each winner is awarded \$3,000 brought to San Francisco for the award week and a backcountry camping trip. Applications are due **May 15**. For more information, visit <http://www.broweryouthawards.org>

The Early Childhood Center at the Indiana Institute on Disability and Community, in conjunction with the Sunny Start Project, Indiana State Department of Health, is pleased to offer a new on-line resource to Hoosier families of young children, birth through age 5. The Early Childhood Meeting Place website, Family Information & Resources section, provides links to county-specific and statewide organizations with information on:

- ⇒ Community Resources & Financial Assistance
- ⇒ Child Care & Early Education
- ⇒ Health & Safety
- ⇒ Parenting & Families



If your organization provides services or resources to Indiana families & young children, you are invited to set up an account , at http://www.iidc.indiana.edu/ecc/documents/AgencyFlyer_002.pdf , on the Early Childhood Meeting Place and post information about your organization and its services. This is a free service! Please visit the Early Childhood Meeting Place at <http://earlychildhoodmeetingplace.indiana.edu/> . For further information, contact Cathy Beard at beardc@indiana.edu.

FASTEN's new "Congregations" channel with over 125 resources and tools explicitly designed for church leaders is now available on line.

The new department has emerged out of requests from church leaders for tools that can assist them in pursuing effective and faithful church-based transformational community ministry. The new department boasts eleven topics, including resources for developing vision and leadership, for conducting church and community assessments, and for pursuing effective collaboration with other congregations/ministries and with secular organizations.

As with FASTEN's other tools and educational materials, all the content in the new channel was screened and reviewed by veteran practitioners (in this case, leaders from successful externally focused churches) to assure high quality. The new department also includes a number of originally created resources, such as a series of instructional profiles of externally focused churches. These offer insights on how to move a congregation from a traditional internal focus to an effective, missional posture with effective engagement in transformational community ministry that blesses the city and enhances spiritual formation among parishioners.

Church leaders will also find a series of short, topically oriented, annotated bibliographies and about a dozen summaries of catalytic learning/service opportunities. Start exploring now by clicking on <http://www.fastennetwork.org/Display.asp?Page=Congregation>.



The OFBCI recently received several calls from readers who indicated they had received an email from someone who was terminally ill and wanted to 'leave' their money to a worthy cause. Please remember a majority of these emails are scams! Visit <http://www.lookstoogoodtobetrue.com>

A recent article in the Indy Star article, **IRS: Give, but also receipt**, serves as a reminder for those who donate. Click on the following link for the entire article, <http://www.indystar.com/apps/pbcs.dll/article?AID=/20070424/BUSINESS/704240339>



Staff and volunteers of youth-serving nonprofit organizations, school nurses, educational leaders, teachers, school counselors, parents and nursing and education students are invited to join the Indiana Youth Institute's audio conference: **Diabetes in School-aged Children**. This interactive opportunity includes hearing from and speaking to a world-class athlete who excels despite living with diabetes and to a leading doctor in the treatment of Hoosier children with diabetes. Diabetes is the single most costly chronic disease in the US and the second-most prevalent disease among school-aged children. This special conference will be on Thursday, May 3rd, from 3 to 4 PM (EST). Pre-registration is required, to register visit www.iyi.org or call 800-343-7060.



Fad Diets May Not Deliver What They Promise by Marion County Health Department

Ads promise fast and easy weight loss. Some diets may actually help you lose weight in the short term, but most are a waste of hard-earned money. If they worked, Americans would not be overweight.

As easy as it is to be lured by promises of a quick fix, the reality is that there isn't one. A quick fix sounds appealing, but there is no super food, super pill or super diet that makes us thin, but how can we spot fads? Here are some helpful tips:

If it sounds too good to be true, it probably is.

Watch out for "supplements," it may be just a gimmick to get you to buy and could even be harmful.

Look out for diets avoiding an entire food group, such as carbohydrates. It is difficult and maybe dangerous to exclude an entire food group.

"Proof" based on personal experiences rather than science is not to be believed.

Words like miraculous, breakthrough, cure, quick or secret formula are red flags.

What is a dieter to do? *Simply, eat a little less and move a little more.* A small 100-calorie per day margin can swing your weight by 10 pounds per year. This means that if you take in 100 calories more than you need every day for a year, you will gain about 10 pounds in that year. Conversely, if you take in 100 calories *less* than you need every day for a year, you will *lose* about 10 pounds in a year. What does 100 calories look like?

4 Hershey kisses

14 potato chips

8 ounces of soda

10 French fries

Cutting out any of these items is certainly do-able. In fact, cutting 200 or even 300 calories per day by reducing the amount of food you eat by a few French fries or a serving of soda will likely go unnoticed.

The Marion County Health Department and local hospitals, schools and agencies offer a variety of programs that will help you and your family develop a weight management program incorporating a healthy diet and physical activity into a daily routine. Seek out information and workshops about healthy eating and encourage your family to try new fruits and vegetables.

For more information on the Marion County Health Department's Nutrition Services program, call the health department at 221-7401. You can also visit www.INShape.IN.gov or the FitCity web site at www.FitCity.info and sign up for the monthly newsletter for tips, recipes and resources for healthy eating and dieting. You can learn more about diet, fitness and exercise programs in our community, by calling 211.

Fresh Fruit Liquados (Serves 4—141 calories each)

Ingredients:

2 1/2 cups chopped ripe fruit (such as 1 banana plus 10 strawberries; 1 small cantaloupe, 1/4 pineapple, 2 peaches; or 2 kiwis plus 1 banana)
1 1/2 cups cold milk
2 cups chopped ice
3 tablespoons honey

Directions:

Combine the fruit with the milk, ice and honey in a blender or food processor and puree until smooth. Pour into tall glasses and serve immediately.



FREE Skin Cancer Screenings

May 2007



FREE Skin Cancer Screenings

Nearly 60,000 Americans will be diagnosed with melanoma skin cancer this year, including 1,220 Hoosiers. It is important to check any unusual blemish, mole or other marking on your skin, especially one that is new or one that has changed in size, color or shape.

This May, Central Indiana hospitals will be offering FREE skin cancer screenings.

Call the hospital below to schedule an appointment.

May 2	St. Vincent Hospital, Indianapolis	317-338-2273
May 3	Johnson Memorial Hospital	317-736-3558
May 4	Morgan Regional Cancer Care	800-893-1887
May 5	Hendricks Regional, Plainfield	800-ACS-2345
May 7	Indiana University Hospital	800-ACS-2345
May 9	St. Vincent Hospital, Carmel	317-338-2273
May 10	Community Regional Cancer Care	800-777-7775
May 11	Morgan Regional Cancer Care	800-893-1887
May 12	St. Francis Hospital	800-ACS-2345
May 12	Hendricks Regional Health, Avon	800-ACS-2345
May 15	St. Francis Hospital	800-ACS-2345
May 15	Community Hospital East	800-777-7775
May 16	St. Vincent Hospital, Fishers	317-338-2273
May 17	Ball Memorial Hospital	765-741-1073
May 18	Morgan Regional Cancer Care	800-893-1887
May 19	St. Vincent Hospital, Indianapolis	317-338-2273
May 22	Methodist Hospital	317-916-3525



For more information on the FREE skin cancer screenings,
please call your American Cancer Society at
800.ACS.2345.